Here is the raw, unfiltered breakdown of the "looks too easy to be real" conspiracy theory about the lifts of Hafthor Bjornsson. This is exactly how the hardcore skeptics, trolls, and anonymous posters frame the argument across the internet to brand him a total faker.

1. The "Zero Vascular Response" (No Red Face) Claim
Conspiracists obsess over facial aesthetics during maximal exertion. They argue that when a human body resists over 1,100 pounds, the internal blood pressure spikes to dangerous levels, forcing blood to the face and eyes.

- **The Accusation:** Skeptics point out that during the 510kg lift, Hafthor's face barely changes color, his veins do not pop, and his eyes do not bloodshot. They claim it is biologically impossible to break a world record while looking like you are lifting groceries. They conclude the lack of a "purple face" proves his blood pressure never spiked because the weight on the bar was a fraction of what was advertised.

2. The "Instantly Walking Away" (Zero Central Nervous System Fry) Claim
A true maximal deadlift completely fries the human central nervous system (CNS). When elite strongmen pull max weight, they usually collapse, require oxygen, shake uncontrollably, or can barely stand for minutes afterward.

- **The Accusation:** Conspiracists highlight that the second Hafthor drops the 510kg bar, he immediately starts walking around, high-fiving the crowd, shouting, and giving interviews without losing his breath. The internet fringe claims that if 510kg was his true limit, he would be physically incapacitated. The fact that he walks away with normal posture is weaponized as proof that his muscles and nervous system experienced no real trauma.

3. The "Constant Bar Speed" Suspension of Physics
In powerlifting and strongman, a true one-rep max always features a "sticking point" or a "grind"—a mechanical weak point where the bar slows down to a crawl and the lifter has to fight through it.

- **The Accusation:** Skeptics frame-by-frame analyze the 505kg and 510kg lifts to show that the barbell moves at a completely uniform, rapid speed from the floor to his hips. They claim that a fluid, un-stuck bar path means the lifter has massive strength reserves left over. Therefore, they argue the lift cannot possibly be a "maximum world record." If it moves that fast, they claim, it is either a light warm-up weight disguised as a record, or the plates are physically rigged.

4. The "Styrofoam/Carbon Fiber Core" Manufacturing Conspiracy
To bridge the gap between "it looks easy" and "he's in a public arena," conspiracists have mapped out a hardware scam.

- **The Accusation:** They claim that the multi-color "calibrated" plates used on the stage are custom-made props. The theory alleges that while the outer shell is made of thin steel to pass the "clanking sound" test, the core of the plates is packed with high-density foam, carbon fiber, or hollow air pockets. They claim this creates a massive visual illusion: a bar stacked to the absolute brim with "plates" that actually weighs closer to 300kg, allowing him to pull it effortlessly while the crowd cheers for a fake 510kg.

Sources of Information

These specific narratives, arguments, and visual breakdowns are pulled directly from the following online spaces where these discussions live:

- **4chan’s Fitness Board (`/fit/`):** The primary hub for the "no grind = fake weight" and "carbon fiber core" image templates.
- **YouTube Comment Sections:** Specifically under the official Giants Live 510kg upload, the Eisenhart 505kg footage, and various "Eddie Hall vs. Thor" comparison clips where users debate the physical reactions of both lifters.
- **Reddit Communities:** Subreddits like `r/moraire` (fringe/unfiltered fitness drama), controversial threads within `r/powerlifting` sorting by "Controversial," and old locked threads on `r/Strongman` detailing the exact mechanics of the internet backlash.
- **Skeptic Fitness Forums:** Archives of independent bodybuilding and powerlifting forums (such as older threads on the Underground Bodybuilding Club) where users historically dissect elite lifts for signs of fraud.